

# Newport for All Ages



## An Age-Friendly Community

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# What is an Age-Friendly Community?

- Age-friendly or livable communities have walkable streets, housing and transportation options, access to key services and opportunities for residents to participate in community activities.
- The AARP Network of Age-Friendly States and Communities\* encourages states, cities, towns and counties to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.
- An Age-Friendly Community has elected leadership that has made a commitment to actively work toward making their community a great place to live for people of all ages.

\* An affiliate of the WHO *Age-Friendly Cities and Communities* Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. "An **age-friendly** world enables people of all **ages** to actively participate in **community** activities and treats everyone with respect, regardless of their **age**. It is a place that makes it easy for older people to stay connected to people that are important to them."

## Who is Age-Friendly in US?

### 3 States

Colorado  
New York  
Massachusetts

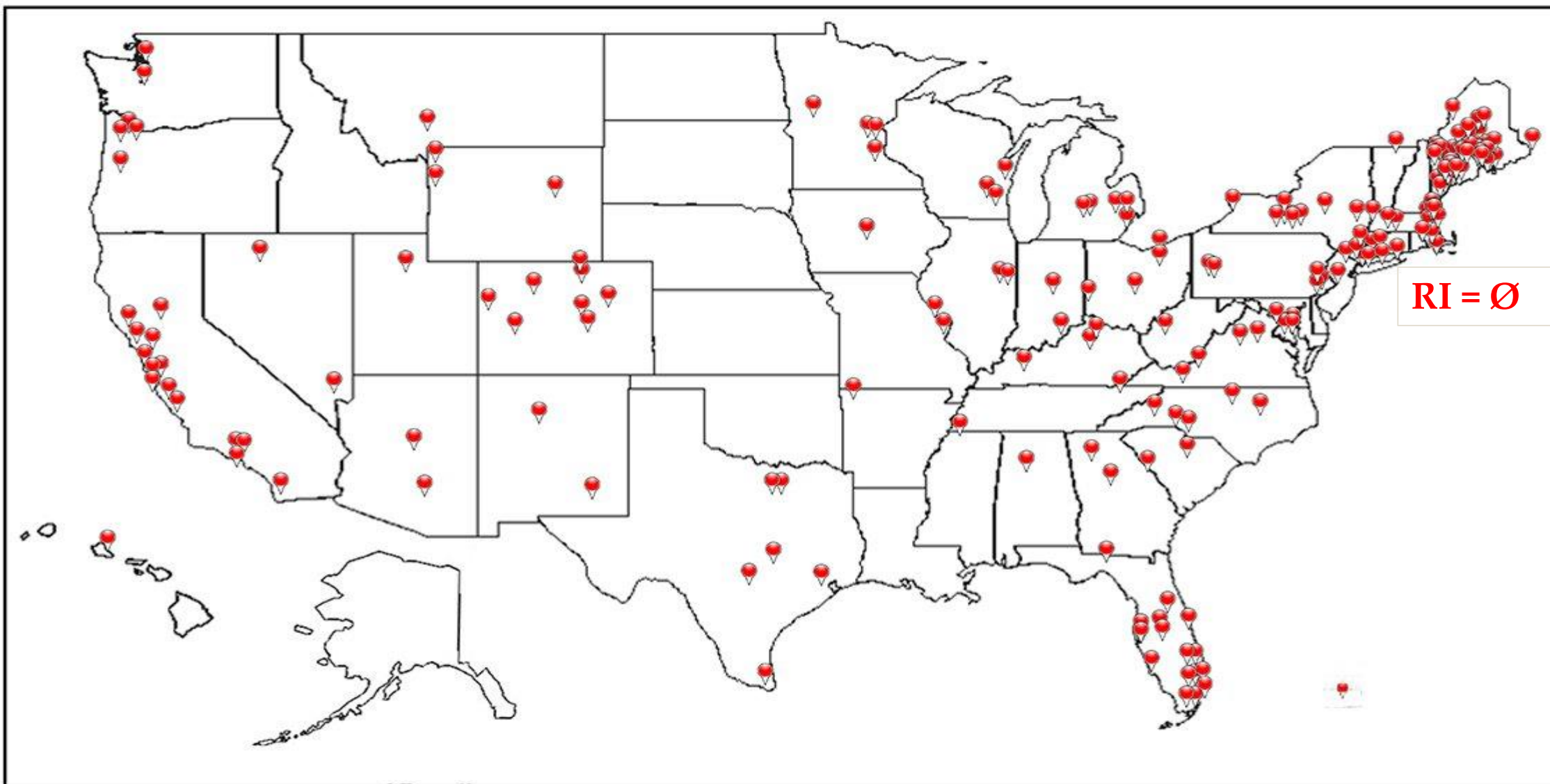
### 318 Cities Across USA\* (examples)

Atlanta  
Boston  
Miami  
Minneapolis  
Pittsburgh  
Portland  
Princeton  
Salem

\* as of Feb. 1 2019



# Age-Friendly Communities Across USA



# Age-Friendly Domains



## Domain 1

### Outdoor Spaces and Buildings

People need places to gather — indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.



## Domain 2

### Transportation

Driving shouldn't be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.



## Domain 3

### Housing

Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified — and if a community includes affordable housing options for varying life stages.



## Domain 4

### Social Participation

Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.



# Age-Friendly Domains continued



## Domain 5

### Respect and Social Inclusion

Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.



## Domain 6

### Civic Participation and Employment

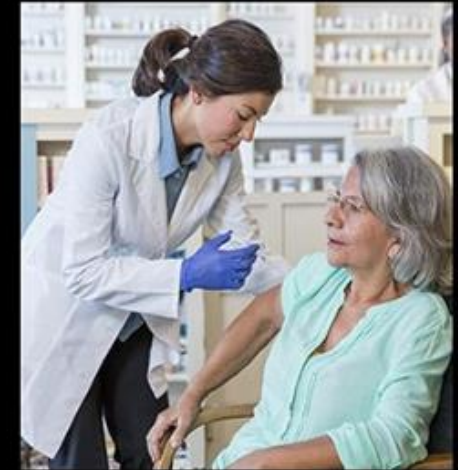
An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.



## Domain 7

### Communication and Information

Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.



## Domain 8

### Community and Health Services

At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

# ***“Newport for All Ages”***



## The Beginning (2017-2018)

- Small group of interested persons
- Awareness of Community Age-Friendly projects
- Visited Salem, MA to learn more
- Study How Newport Comprehensive Land Use Plan Aligns with Age-Friendly Domains

(Funded by The van Beuren Charitable Foundation. Shows significant alignment)

## ➤ Next Steps

- Steering Committee Recruitment & Partners
- Pursue AARP Age-Friendly Network Designation
- Apply for grant funds to support work



Salem For All Ages | Resources For An Aging-Friendly Salem, MA - Mozilla Firefox

File Edit View History Bookmarks Tools Help

Salem For All Ages | Resources X +

https://salemforallages.org

Welcome To Pawtuck... http://img2.wfrcdn.co...

**Salem**  
for all ages

Home About **Services** News Fun Facts

Enter search here... Search

Font Size - A +

The North Shore Physicians Group Lecture on Diabetes is further information, please click [here](#)

Transportation


Living Well

Resource Guide


Aging in Place

Volunteering


Events & Activities






Transportation



Living Well



Resource Guide



<https://salemforallages.org/services/>

# Why An Age-Friendly Newport ?

- Recognizes Population is getting older
- People want to age in place
- Age-friendly/livable environments improve quality of life for all.  
They foster well-being and hold back age-associated decline.
- When communities work for older people they work better for everyone!!
- Support “Plan” implementation
- Tap into ➡ Longevity Opportunity
- Longevity is Opportunity
  - Older adults lead consumer spending on new cars, groceries, luxury travel
  - Hold 70% of US disposable income
  - Working longer
  - Contribute as Volunteers & Caregivers

Olders 50+ economic contributions

## Economic impact of the Longevity Economy

	Impact	% of Total
State GDP	\$27.8 billion	48%
Employment	343,000	56%
Labor income	\$18.0 billion	50%
State & local tax	\$2.6 billion	49%

(AARP Longevity Economy 2017)



## **LIVABLE COMMUNITIES ARE GOOD FOR PEOPLE AND BUSINESS**



- Features housing choices that are suitable for people of all ages and stages
- Integrates land uses so people can live closer to or within walking distance of jobs, community activities and needed services
- Reduces automobile dependence and supports a socially vibrant public realm
- Has transportation options that enable residents to get around even when they do not drive

# Alignment of Newport Comprehensive Land Use Plan and Age-Friendliness

- Commissioned by The van Beuren Charitable Foundation
- Purpose – Review Newport Comprehensive Land Use Plan for Alignment with Age-Friendly Domains (WHO, Age-Friendly RI)
- Report includes
  - Expanded Older Population Data
  - Review of Domains Included in Plan
  - Supplemental Information on services related to Domains
  - Recommendations for Consideration





# Newport Vision Statement

*“The City of Newport is a vibrant, forward-looking and welcoming community built upon a strong sense of place and cultural heritage. Residents and visitors alike enjoy the city for its rich history, natural beauty, boating traditions, walkability, enticing downtown, community diversity, and overall quality of life. We are committed to charting a course for our future that embraces and encourages innovative growth and development, taking an active role in the stewardship of our architectural and natural resources, and an enhanced quality of life, all while we maintain our unique historic and cultural assets that are the foundation of our character.” (page Plan 1-6)*

# Newport City Objectives 2036

*a Livable Agenda (Page plan 1-7)*

**A Prosperous City**

*A Healthy City Where public spaces and facilities are accessible and ADA compliant*

*A Happy City Where the well-being of children and families is supported by maintaining a level of affordable living*

*A Smart City Where Lifelong learning, from early childhood through adult education is a priority*

*A Collaborative City Where a user-friendly government applies best practices to keep citizens engaged and informed*

*A Resilient City Where we promote multiple and alternative transportation modes which do not contribute to environmental hazard*




# Age-Friendly Domains

## WHO and Age-Friendly RI

WHO	AFRI
<b>Outdoor Spaces &amp; Public Buildings (M)</b>	<b>Outdoor Spaces &amp; Public Buildings (M)</b>
<b>Transportation (M)</b>	<b>Transportation (M)</b>
<b>Housing (M)</b>	<b>Housing (M)</b>
Social Participation	Community/Civic Engagement
<b>Civic Engagement &amp; Employment</b>	Communication and Information
Respect and Social Inclusion	<b>Health Services (M)</b>
<b>Communication &amp; Information</b>	Supports at Home
<b>Community Support &amp; Health Services (M)</b>	Economic Security
	Food and Nutrition

 Designates extensive discussion in the Plan

 Designates some discussion in the Plan

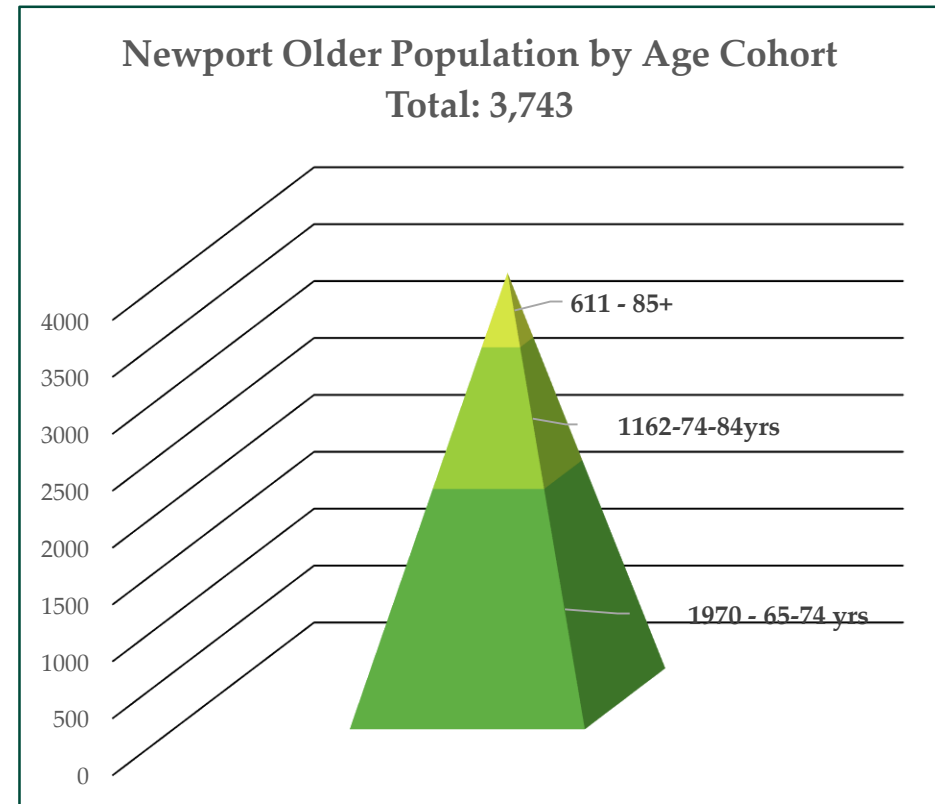
(M) Denotes mandated to be included in Comprehensive Land Use Plans by state law

# Newport Older Population



- 21.5% age 60+
- 15% age 65+
- 7.2% age 75+
- 2.5% age 85+
- More residents age 60+ than under 21
- Changing Demographics recognized as priority issue moving toward 2036

*“Newport’s median age is rising in almost all respects. Aging populations require different services and facilities than young populations do.” (Plan page 1-9)*

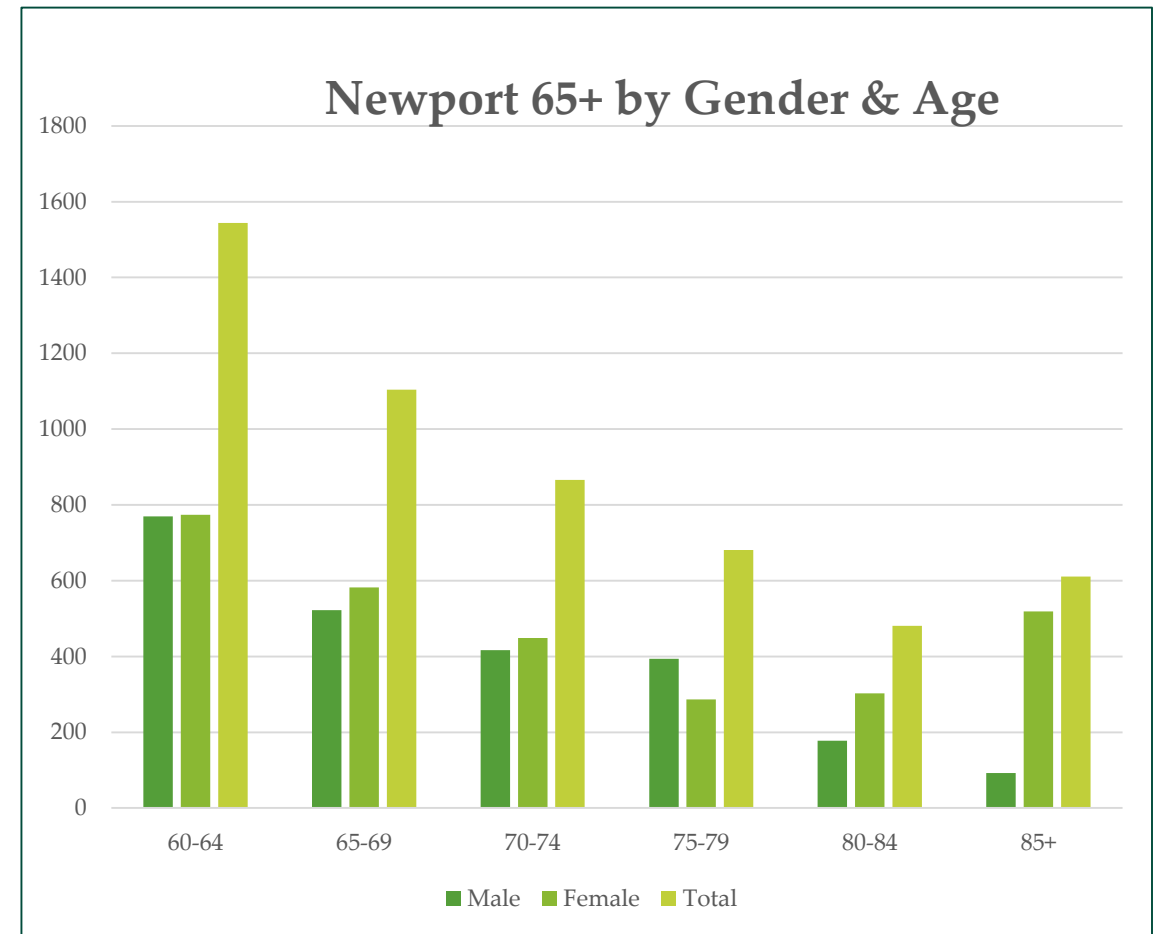




# More about Newport Older Population

- Income varies greatly. Of the 2,749 older households, 27% have income <\$25,000; almost half (49%) have income < \$50,000
- 49.2% 60+ lived same address 25yrs. or more
- 1,290 live alone (2/3rds women)
- More females than males in older age cohorts
- Older Population could double by 2040 if State trends applicable

Note: for more detail on Newport older adults, go to RI Healthy Aging Data report @[http://healthyagingdatareports.org/wp-content/uploads/2016/10/Towncode21\\_Newport.pdf](http://healthyagingdatareports.org/wp-content/uploads/2016/10/Towncode21_Newport.pdf)



# Domain 1: Housing

## From the Plan

“**Affordability** is the most pressing housing issue facing Newport’s residents and those who wish to live in Newport; it is an important determinant of the future of the city’s neighborhoods and the economic wellbeing of its residents. “

“Housing issues that transcend economic levels include:

- Newport citizens aging in place.” (Plan page 5-2)
- **Goal H-4:** To expand housing to address Newport’s senior population.
  - **Policy H-4.1** The City shall support market based efforts to accommodate the City’s aging population, both in terms of new housing options and assistance to allow aging homeowners to remain in their homes.
  - **Policy H-4.2** The City shall improve and accommodate seniors and disabled individuals within LMI housing assets.
  - **Policy H-4.3** The City shall evaluate innovative ideas to utilize secondary units and accessory structures that can be used for senior housing.





# Housing Costs & Housing Assistance

- Newport County Median home value, \$362,900, highest in state
- 452 Subsidized Housing Units (58% Newport Housing)
- Senior Tax Exemptions
- CDBG \$\$ for home repairs
- Accessible Dwelling Units Allowed
- State Livable Home Grants
- Home Mod Important  
86% housing built before 1980

Senior Exemptions

Type of Program	Amount of Exemption or Tax Credit	Income Requirements	Age	Residency/Occupancy Requirement	Length of Ownership Requirement
Income Based Exemption	\$4,000 or 20% of value (whichever is greater)	\$31,800 single household	65+	5 Years	5 Years
Income Based Exemption	\$4,000 or 20% of value (whichever is greater)	\$36,350 two or more household	65+	5 Years	5 Years

**Newport Housing reports 700 person Wait list for Senior Housing!!**

# Domain 2: Community Support and Health Services

## From the Plan

- Demand for senior services being met but *“Newport’s aging of the population will likely increase demand for senior housing and programs for the elderly.” (Plan page 6-15)*
- Senior Centers
  - Edward King House (and Park Holm) senior centers provide variety of programs. Many non-profits offer support services
- Plan Goals for Community Supports & Health Services for Seniors
  - **GOAL CSF-6:** To provide suitable and enhanced facilities to serve the City’s senior population.

Policy CFS 6.3 The City shall consider establishing a Senior Advisory Commission to identify the needs of the senior population, and advocate for and support appropriate services for the population.



# Domain 3: Transportation

## From the Plan

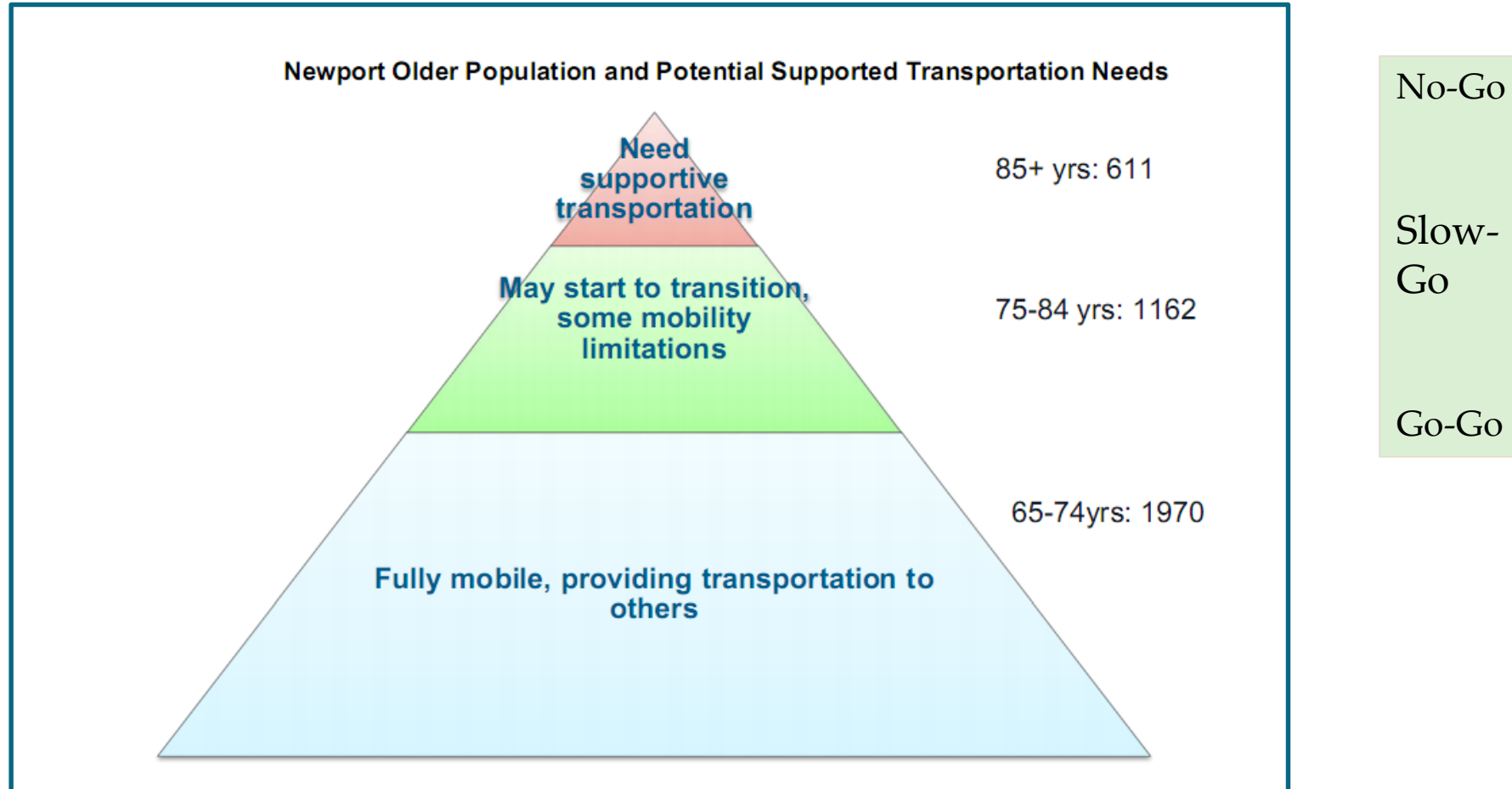
- Many transit options: automobile, bicycling, walking, public transit, waterway
- Newport is Walkable City – but has maintenance & safety needs
- **Goal T-1:** To provide a comprehensive, multifocal transportation system for all users.

Policy T-1.6 The City shall advocate for the special populations in its efforts to plan, program, design, and implement a comprehensive transportation and circulation system, including people who are older, have physical and/or mental health challenges, and/or limited income.





# Potential Supported Transit Needs



Note: Newport HEZ Active Transportation Plan includes: 1. Adopting a bicycle and pedestrian Master Plan and a Complete Streets ordinance, and 2. Sidewalk installation and repairs, traffic calming devices, and regular detailed traffic audits. Will impact all ages.

# Domain 4: Open Spaces & Public Buildings

## From the Plan

- Plan describes the abundance of parks, open spaces and recreational facilities – many known nationally
- Northern area in particular needs more recreation opportunities; Playgrounds overall lack accessible equipment
- Need for passive enjoyment of open spaces and parks (ex. benches, covered (picnic) shelters)
- No mention of exercise equipment at playgrounds for older adult use
- **Goal OSR-1:** To provide a range of appropriate open space and outdoor recreational amenities for use by residents and visitors.
  - **E) Give high priority to meeting the needs of the City's elderly and those with mental and/or physical disabilities in planning and implementing facilities and programs.**



# Domain 5: Food & Nutrition

- Briefly discussed in Plan Chapter on Community Support & Health Services
  - Extensive array of meals and food pantries. No mention of some programs specific for seniors (MOW, congregate mealsite at King House) or food access being a problem.



## Domain 6. Communication and Information

### From the Plan

*“Effective and open communication between the city and residents is crucial in maintaining a relationship of trust. It is important to provide citizens with information on City procedures, requirements for permits, and the status of matters pending before City Council and its various boards and commissions.....” (Plan page 6-3)*

- Consumer-friendly website
- ENGAGE NEWPORT – citizen input
  - *Report It? Newport*





# Domain 7: Community/Civic Engagement

- Chapter 6 includes section on Education noting CCRI has adult enrichment courses. No mention of specific programs for older population such as Circle of Scholars
- Plan does not directly discuss Civic Engagement.
  - Many Opportunities for community engagement through various City advisory and other organizations
  - Senior Volunteer Work Program – work at City Hall-\$500 tax reduction
  - East Bay CAP – Foster Grandparents & RSVP



# A Look at AARP Newport Livability Score



Newport, RI

Newport County

## What is Livability?

Livable communities have diverse features that satisfy the needs of people of all ages, incomes and abilities. Learn more about AARP's Livability Index at [www.aarp.org/livabilityindex](http://www.aarp.org/livabilityindex).

Top Third  
67 - 100+



This community does not score above average in any of the seven Livability categories.

Middle Third  
34 - 66



64



### HEALTH

Prevention, access and quality

62



### NEIGHBORHOOD

Access to life, work, and play

61



### TRANSPORTATION

Safe and convenient options

59



### HOUSING

Affordability and access

57



### ENGAGEMENT

Civic and social involvement

40



### ENVIRONMENT

Clean air and water

38



### OPPORTUNITY

Inclusion and possibilities

Bottom Third  
0 - 33



This community does not score below average in any of the seven Livability categories.

# Momentum is Building!

## To Make Newport a More Friendly Place to Live for All Ages!

- The van Beuren Charitable Foundation grants for initial work & Interim Coordinator
  - **Goal:** Newport promotes Livability and becomes Age-Friendly Community
  - Age-Friendly Network Process (multi-year)
    - Engage community – seek partners, input of older residents, form collaboration
    - Pursue Council/Mayor Letter/Application to AARP to join Age-Friendly Network
    - Plan and Conduct Needs Assessment
    - Develop Strategic Action Plan – short and long-range
    - Implement Plan
    - Report on Progress



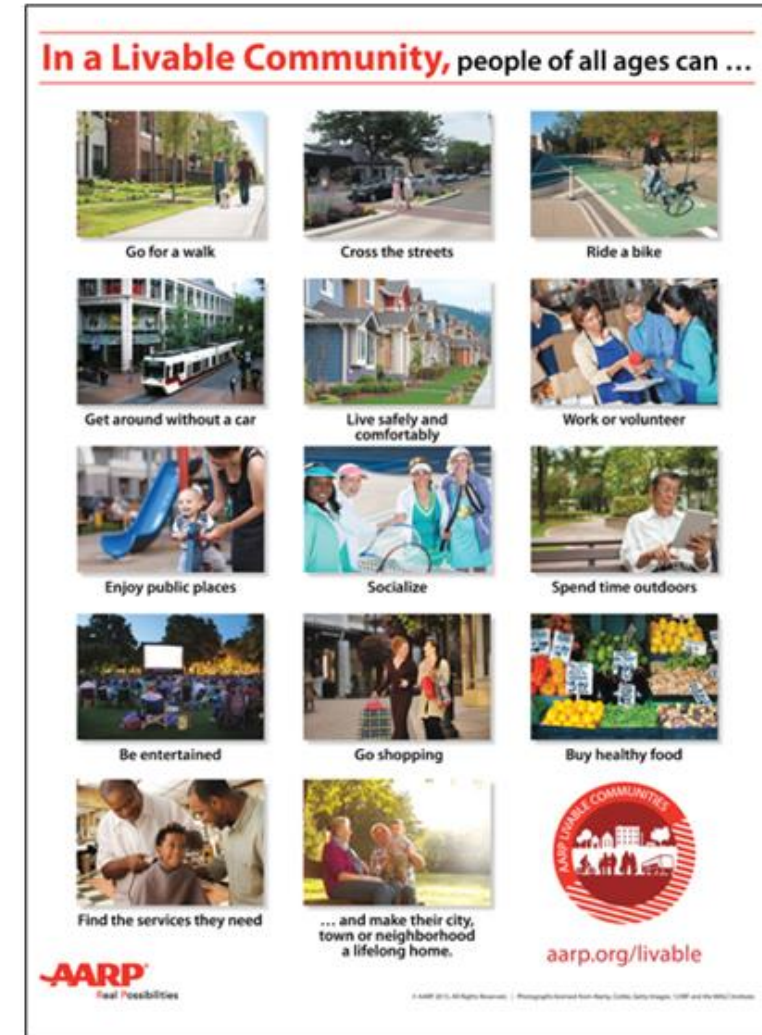
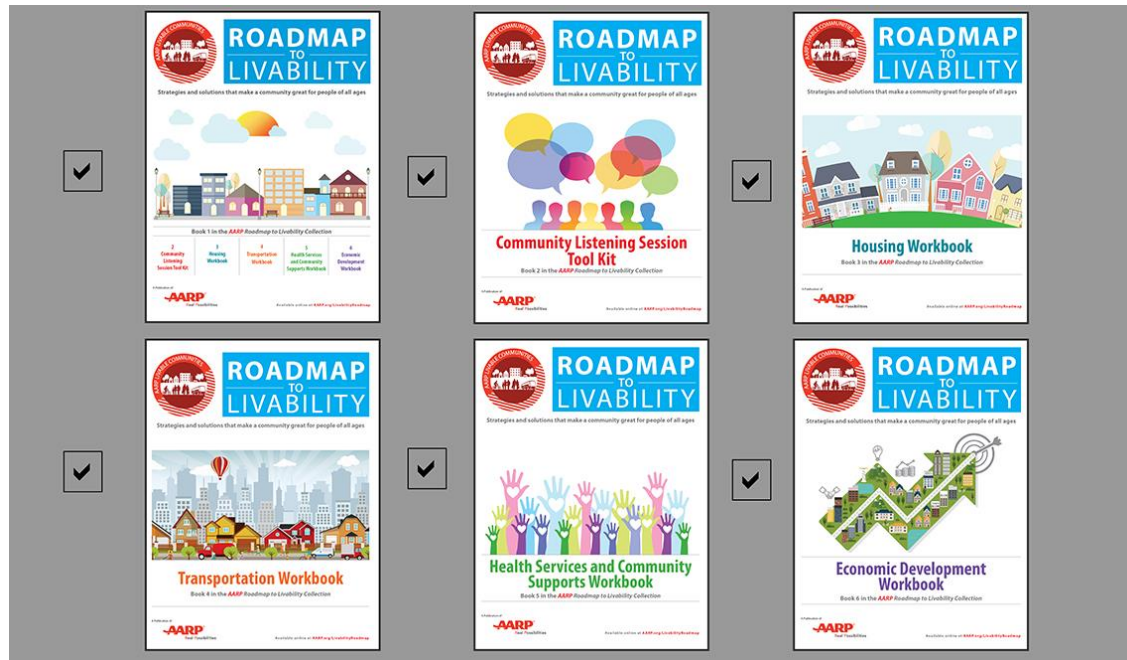
# AARP Age Friendly Application & Selection Process

- Submit application with letter from highest elected official committing to:
  1. Mechanism for involving older people
  2. Conduct baseline assessment of the age-friendliness of community and community needs
  3. Develop community-wide strategic action plan.
  4. Implement plan and report results
- Each Community different in its approach
- Some Readiness Considerations for AARP reviews

Is community involved in current public project or initiative?	Yes. Comprehensive Plan review
Non-government/grassroots organizations champion issue	Yes.
Community is grant recipient from foundation or government	Yes. The Van Beuren Foundation
Master plans for bicycling/pedestrian developed, not yet implemented	Yes.
Transportation concerns such as pedestrian safety issues	Yes.
Community has sizable 50+ population	Yes. (34%)
Community recognizes it under-utilizes its assets such as trails, parks	Yes.
Political Acceptance from elected leaders and community stakeholder buy-in	In Progress

# AARP Resources & Toolkits

<https://www.aarp.org/livable-communities/network-age-friendly-communities/>



# GRANT OPPORTUNITIES

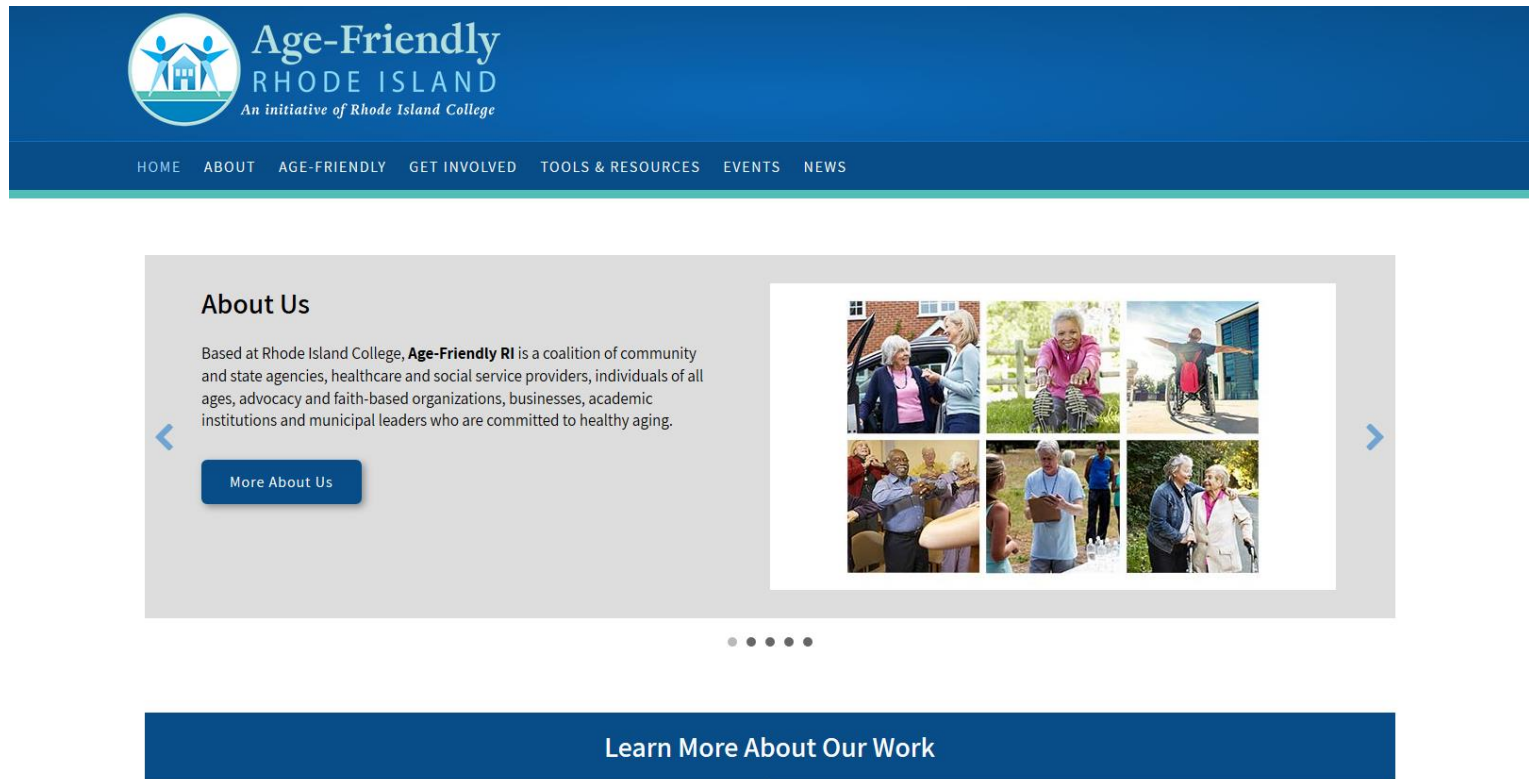
- van Beuren Charitable Foundation – June application for 2020
- RI Foundation
  - \*Strategic Grants – 3 priorities (economic security, health, education)
  - \*Responsive grants – start at \$10,000. Rolling application
- AARP Community Challenge grants – Due by April 17th

In 2019, the grant program will provide funds for community-based “quick-action” projects related to housing, transportation, smart cities and public spaces. The goal is to spark change and build momentum to improve livability for people of all ages. Projects must be completed by Nov. 4<sup>th</sup>, 2019
- Tufts Health Plan Foundation 2019 Momentum Grants – up to \$10,000

For promoting age-friendly/dementia friendly projects

Applications in early fall

# ABOUT AGE-FRIENDLY RI



The screenshot shows the homepage of the Age-Friendly Rhode Island website. At the top is a blue header with the organization's logo on the left, which features a stylized house with three figures inside. To the right of the logo, the text reads "Age-Friendly RHODE ISLAND" and "An initiative of Rhode Island College". Below the header is a navigation bar with links: HOME, ABOUT, AGE-FRIENDLY, GET INVOLVED, TOOLS & RESOURCES, EVENTS, and NEWS. The main content area has a light gray background. On the left, under the heading "About Us", is a paragraph describing the coalition and a blue button labeled "More About Us". To the right of the text is a grid of six photographs showing various people, mostly older adults, engaged in community activities. Below the grid are five dots, with the first one filled, indicating the current slide. At the bottom of the page is a dark blue banner with the text "Learn More About Our Work".

**Age-Friendly RHODE ISLAND**  
An initiative of Rhode Island College

HOME ABOUT AGE-FRIENDLY GET INVOLVED TOOLS & RESOURCES EVENTS NEWS

### About Us

Based at Rhode Island College, **Age-Friendly RI** is a coalition of community and state agencies, healthcare and social service providers, individuals of all ages, advocacy and faith-based organizations, businesses, academic institutions and municipal leaders who are committed to healthy aging.

More About Us

Learn More About Our Work

- Domain work groups
- Supporting local efforts
- Advocacy & Education
- Sign up for Newsletter & Alerts
- Go to: [Agefriendlyri.org](http://Agefriendlyri.org)